



SAFETY ADVISOR

SEPTEMBER 2013

Child Passenger Safety Week -September 15-21, 2013

Car seats, booster seats, and seat belts save lives and offer the best protection for children in crashes.

- Car crashes are a leading cause of death for children 1 to 13 years old.
- During the 5-year period from 2007 to 2011, 3,661 children were killed in car crashes. In addition, an estimated 634,000 children were injured, more than the population of Boston, Massachusetts.
- Based on U.S. Department of Transportation, National Highway Transportation Safety Administration (NHTSA) crash data in 2011, on average, nearly 2 children under 13 were killed and 338 were injured every day while riding in cars, SUVs, pickups and vans.
- In 2011, over one third of children killed in car crashes

were not in car seats or wearing seat belts.

Car seats work best when used correctly.

- According to NHTSA, approximately 9,874 children 4 and younger have been saved from 1975 to 2011 by child restraints. Data also shows 8,616 of these children were saved by car seats alone.
- In 2011, among children 4 and younger in cars, an estimated 314 lives were saved by car restraints.
- Car seats reduce the likelihood of an infant being killed by 71 percent and a toddler by 54 percent in a car, and 58 percent and 59 percent for infants and toddlers in SUVs, pickups and vans.
- All 50 States, the District of Columbia and Puerto Rico have laws requiring children to be restrained while riding

in cars. Some states now require kids to ride in appropriate car seats or booster seats until age 9.

- Failure to read and carefully follow the installation instructions included with the car seat as well as those in the vehicle owner's manual can lead to incorrect installation, exposing a child passenger to grave risk of serious injury or death in a crash.

National Seat Check Saturday is September 21, 2013.

The Right Seat.

The Right Size.

The Right Use.



<http://www.nhtsa.gov>



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Ovarian Cancer Awareness Month

Basic Information About Ovarian Cancer

When cancer starts in the ovaries, it is called ovarian cancer. Women have two ovaries that are located in the pelvis, one on each side of the uterus. The ovaries make female hormones and produce eggs. Ovarian cancer causes more deaths than any other cancer of the female reproductive system. But when ovarian cancer is found in its early stages, treatment is most effective.

Ovarian Cancer Risk Factors

There is no way to know for sure if you will get ovarian cancer. Most women get it without being at high risk. However, several factors may increase a woman's risk for ovarian cancer, including if you:

- Are middle-aged or older.
- Have close family members (such as your mother, sister, aunt, or grandmother) on either your mother's or your father's side, who have had ovarian cancer.
- Have a genetic mutation (abnormality) called BRCA1 or BRCA2.
- Have had breast, uterine, or colorectal (colon) cancer.
- Have an Eastern European (Ashkenazi) Jewish background.
- Have never given birth or have had trouble getting pregnant.
- Have endometriosis (a condition where tissue from the lining of the uterus grows elsewhere in the body).

In addition, some studies suggest that women who take estrogen by itself (without progesterone) for 10 or more years may have an increased risk of ovarian cancer.

If one or more of these factors is true for you, it does not mean you will get ovarian cancer. But you should speak with your doctor about your risk.

Ovarian Cancer Prevention

There is no known way to prevent ovarian cancer. But these things may lower your chance of getting ovarian cancer:

- Having used birth control pills for more than five years.
- Having had a tubal ligation (getting your tubes tied), both ovaries removed, or a hysterectomy (an operation in which the uterus, and sometimes the cervix, is removed).
- Having given birth.

Symptoms of Ovarian Cancer

Ovarian cancer may cause one or more of these signs and symptoms:

- Vaginal bleeding or discharge from your vagina that is not normal for you.
- Pain in the pelvic or abdominal area (the area below your stomach and between your hip bones).
- Back pain.
- Bloating, which is when the area below your stomach swells or feels full.
- Feeling full quickly while eating.
- A change in your bathroom habits, such as having to pass urine very badly or very often, constipation, or diarrhea.

Pay attention to your body, and know what is normal for you. If you have vaginal bleeding that is not normal for you, see a doctor right away. Also see a doctor if you have any of the other signs for two weeks or longer and they are not normal for you. These symptoms may be caused by something other than cancer, but the only way to know is to see a doctor. The earlier ovarian cancer is found and treated, the more likely treatment will be effective.

Ovarian Cancer Screening

There is no simple and reliable way to screen for ovarian cancer in women who do not have any signs or symptoms.

Screening is when a test is used to look for a disease before there are any symptoms. Cancer screening tests are effective when they can detect disease early. Detecting disease early can lead to more effective treatment. Diagnostic tests are used when a person has symptoms. The purpose of diagnostic tests is to find out, or diagnose, what is causing the symptoms. Diagnostic tests also may be used to check a person who is considered at high risk for cancer.

The Pap test does not check for ovarian cancer. The only cancer the Pap test screens for is cervical cancer. Since there is no simple and reliable way to screen for any gynecologic cancers except for cervical cancer, it is especially important to recognize warning signs, and learn what you can do to reduce your risk.

Here is what you can do:

- Pay attention to your body, and know what is normal for you.
- If you notice any changes in your body that are not normal for you and could be a sign of ovarian cancer, talk to your doctor about them and ask about possible causes, such as ovarian cancer.

Ask your doctor if you should have a test, such as a rectovaginal pelvic exam, a transvaginal ultrasound, or a CA-125 blood test if:

- You have any unexplained signs or symptoms of ovarian cancer. These tests sometimes help find or rule out ovarian cancer.
- You have had breast, uterine, or colorectal cancer; or if a close relative has had ovarian cancer.

Ovarian Cancer Treatment

If your doctor says that you have ovarian cancer, ask to be referred to a gynecologic oncologist, a doctor who has been trained to treat cancers of a woman's reproductive system. This doctor will work with you to create a treatment plan.

Types of Treatment

There are several ways to treat ovarian cancer. The treatment depends on the type of ovarian cancer and how far it has spread. Treatments include surgery, chemotherapy, and/or radiation.

- **Surgery:** Doctors remove cancer tissue in an operation.
- **Chemotherapy:** Chemotherapy involves the use of drugs to stop or slow the growth of cancer cells. Chemotherapy may cause side effects, but these often get better or go away when chemotherapy is over. Chemotherapy drugs may be given in several forms, including pills or through an IV (intravenous) injection.
- **Radiation:** Radiation uses high-energy rays (similar to X-rays) to try to kill the cancer cells and stop them from spreading. The rays are aimed at the part of the body where the cancer is.

Different treatments may be provided by different doctors on your medical team.

- Gynecologic oncologists are doctors who have been trained to treat cancers of a woman's reproductive system.
- Surgeons are doctors who perform operations.
- Medical oncologists are doctors who are experts in cancer and treat cancers with medicines.
- Radiation oncologists are doctors who treat cancers with radiation.

http://www.cdc.gov/cancer/ovarian/basic_info/screening.htm



OSHA Hazard Communication

The Hazard Communication Standard (HCS) is now aligned with the Globally Harmonized System of Classification and Labeling of Chemicals (GHS). This update to the Hazard Communication Standard (HCS) will provide a common and coherent approach to classifying chemicals and communicating hazard information on labels and safety data sheets. Once implemented, the revised standard will improve the quality and consistency of hazard information in the workplace, making it safer for workers by providing easily understandable information on appropriate handling and safe use of hazardous chemicals. This update will also help reduce trade barriers and result in productivity improvements for American businesses that regularly handle, store, and use hazardous chemicals while providing cost savings for American businesses that periodically update safety data sheets and labels for chemicals covered under the hazard communication standard.

Hazard Communication Standard

In order to ensure chemical safety in the workplace, information about the identities and hazards of the chemicals must be available and understandable to workers. OSHA's Hazard Communication Standard (HCS) requires the development and dissemination of such information:









- Chemical manufacturers and importers are required to evaluate the hazards of the chemicals they produce or import, and prepare labels and safety data sheets to convey the hazard information to their downstream customers;
- All employers with hazardous chemicals in their workplaces must have labels and safety data sheets for their exposed workers, and train them to handle the chemicals appropriately.

Major changes to the Hazard Communication Standard

- **Hazard classification:** Provides specific criteria for classification of health and physical hazards, as well as classification of mixtures.
- **Labels:** Chemical manufacturers and importers will be required to provide a label that includes a harmonized signal word, pictogram, and hazard statement for each hazard class and category. Precautionary statements must also be provided.
- **Safety Data Sheets:** Will now have a specified 16-section format.
- **Information and training:** Employers are required to train workers on the new labels elements and safety data sheets format to facilitate recognition and understanding.

Hazardous Communication cont'd.

The pictograms OSHA has adopted improve worker safety and health, conform with the GHS, and are used worldwide. While the GHS uses a total of nine pictograms, OSHA will only enforce the use of eight. The environmental pictogram is not mandatory but may be used to provide additional information. Workers may see the ninth symbol on a label because label preparers may choose to add the environment pictogram as supplementary information. The chart below shows the symbol for each pictogram, the written name for each pictogram, and the hazards associated with each of the pictograms. Most of the symbols are already used for transportation and many chemical users may be familiar with them.

Health Hazard  <ul style="list-style-type: none"> • Carcinogen • Mutagenicity • Reproductive Toxicity • Respiratory Sensitizer • Target Organ Toxicity • Aspiration Toxicity 	Flame  <ul style="list-style-type: none"> • Flammables • Pyrophorics • Self-Heating • Emits Flammable Gas • Self-Reactives • Organic Peroxides 	Exclamation Mark  <ul style="list-style-type: none"> • Irritant (skin and eye) • Skin Sensitizer • Acute Toxicity (harmful) • Narcotic Effects • Respiratory Tract Irritant • Hazardous to Ozone Layer (Non-Mandatory)
Gas Cylinder  <ul style="list-style-type: none"> • Gases Under Pressure 	Corrosion  <ul style="list-style-type: none"> • Skin Corrosion/ Burns • Eye Damage • Corrosive to Metals 	Exploding Bomb  <ul style="list-style-type: none"> • Explosives • Self-Reactives • Organic Peroxides
Flame Over Circle  <ul style="list-style-type: none"> • Oxidizers 	Environment (Non-Mandatory)  <ul style="list-style-type: none"> • Aquatic Toxicity 	Skull and Crossbones  <ul style="list-style-type: none"> • Acute Toxicity (fatal or toxic)

<https://www.osha.gov/dsg/hazcom/index.html>

What Counts as a Cup?

One cup refers to a common measuring cup (the kind used in recipes). In general, 1 cup of raw or cooked vegetables or 100% vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. One cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group.



1 SMALL APPLE



1 LARGE EAR
OF CORN



1/2 LARGE SWEET POTATO
1/2 CUP OF GREEN BEANS



1 MEDIUM
PEAR



1 CUP OF LETTUCE AND
1/2 CUP OF OTHER VEGETABLES



1 MEDIUM POTATO



12 BABY CARROTS
(OR 2 MEDIUM CARROTS)



1/2 LARGE BELL



1 LARGE BANANA



1 SMALL WEDGE
WATERMELON



1 MEDIUM GRAPEFRUIT



8 LARGE STRWBERRIES



2 LARGE OR
3 MEDIUM PLUMS



2 LARGE STALKS OF CELERY



1 CUP COOKED GREENS
OR 2 CUPS RAW
(SPINACH, COLLARDS,
MUSTARD GREENS,
TURNIP GREENS)



1 LARGE ORANGE



32 GRAPES



10 BROCCOLI FLORETS

Not sure how many fruits and vegetables you should be eating each day?

Visit the [Fruit and Vegetable Calculator](#). (Link listed below)

Here you can calculate your fruit and vegetable recommendations based on your calorie needs for your age, sex, and activity level.

<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/howmany.html>

Word Search Puzzle

N V I E N D N Y A N K T X E U J C R C O
 A S M R L K T E O H C T N S L J A E L X
 I O A R R I B I G Q S D V E S P N Z A I
 R L L F C I T F K O O O C D L R C I S D
 A U C I E A T N E M N O R I V N E T S I
 V G X U R T T A E A T I H X C D R I I Z
 O O N I S S Y T N N A R C O T I C S F E
 T C P T E D R D H T B S K R Y J F N I R
 R S Y T E I R E A P P M B E A N T E C S
 A W P Q O R V A T T C R O P H C Y S A P
 V A L S C H I L D S A F E T Y S E A T R
 P C I N A G R O W N O S V V L P H C I O
 K S I R G A S H P N A O H A E A B C O S
 D N I G X M C J L A G T B E Z N H S N T
 G N I N E E R C S U T E S A E E T N F A
 C R A S H E S M U D L R R X M T C I C T
 V E H T H S G G X S U D I I P U Y C O E
 F L A M M A B L E S O O C O T W Z F V N
 Q A K U Q O H Y T U S A U U T J Q V R F
 X W A W H C O W S P L H Y C Z I Q B I U

ASPIRATION
 BOOSTER
 CANCER
 CARCINOGEN
 CHEMICAL
 CHILD SAFETY SEAT
 CLASSIFICATION
 CRASHES
 ENDOMETRIOSIS
 ENVIRONMENT

FLAMMABLES
 HAZARDOUS
 IRRITANT
 LABELS
 NARCOTIC
 ORGANIC
 OSHA
 OVARIAN
 OXIDIZERS
 PAP TEST

PATRIOT
 PEROXIDES
 PREVENTION
 PROSTATE
 RISK
 SAFETY DATA SHEET
 SCREENING
 SENSITIZER
 STANDARDS
 TOXICITY

The Safety Advisor puzzle is generated from the
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Omissions or errors are possible and are the sole responsibility of the program
and not the producers of this Newsletter.

SAFETY SLOGAN

“SAFETY IS OUR BUSINESS”

“Safety is not hasty”

**Joan Milligan
Turnpike
Anclote/Suncoast**

CHOOSE CAR SEAT:
BY AGE & SIZE

THE ONES
**WHO
ACTUALLY
DO.**

THE NUMBER
OF PEOPLE
**WHO
THINK**
THEY HAVE
THEIR CHILD
IN THE RIGHT
SEAT.

KNOW FOR SURE
IF YOUR CHILD IS IN THE RIGHT CAR SEAT.

Ad COUNCIL VISIT SAFERCAR.GOV/THERIGHTSEAT NHTSA Child Car Safety

IS YOUR CHILD IN THE RIGHT CAR SEAT?

THE NUMBER
OF PEOPLE
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This monthly newsletter is produced by the State Safety Office by Mark Eacker, Safety Program Administrator. For content information, please call or email the editor, Mark Eacker, at:
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Our internet address is: www.dot.state.fl.us/safety
Our intranet address is: Infonet.dot.state.fl.us/safetyoffice/



Safety Advisor Customer Satisfaction Survey

We are interested in your opinion. In order to better serve your needs, please take a moment to fill out this brief questionnaire. Send to:

Local Fax: 850 245-1554

Via US Postal Service (or inter-office mail) to the address shown below.

**Attention: Industrial Safety
Florida Department of Transportation
605 Suwannee Street, MS 53
Tallahassee, Florida 32399-0450**

Survey Questions	Yes	No
Are the Safety Advisor topics relevant to your day to day job?		
Do you use the Safety Advisor in any manner other than read it ?		

What would you suggest to improve the suitability of the Safety Advisor to your needs or to improve the overall quality? (Please be specific)

Do you have any questions regarding Industrial Safety programs and/or operations? Please feel free to include your questions or comments.

Safety Slogan of the Month Entry Form

You are encouraged to submit safety slogans at any time.

Slogans are judged on originality .

**You may also email your slogans to mark.eacker@dot.state.fl.us
In the subject line of your email please write "Safety Slogan Entry".**

Please Print
Safety Slogan

Name: _____ Location/Office: _____
District: _____ Phone: (____) _____

September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 LABOR DAY STATE HOLIDAY	3	4 ROSH HASHANAH	5 ROSH HASHANAH	6 PAY DAY	7
8 GRANDPARENT'S DAY	9	10	11 PATRIOT DAY	12	13	14
15 CHILD PASSENGER SAFETY WEEK	16 CHILD PASSENGER SAFETY WEEK	17 CHILD PASSENGER SAFETY WEEK	18 CHILD PASSENGER SAFETY WEEK	19 CHILD PASSENGER SAFETY WEEK	20 PAY DAY	21 NATIONAL SEAT CHECK SATURDAY
22 AUTUMN BEGINS AT 4:44 PM EDT	23	24	25	26	27	28
29	30	1	2	3	4	5

THE MONTH OF SEPTEMBER

September 2013	National Cholesterol Education, National Alcohol and Drug Addiction Recovery Month, National Honey Month National School Success Month, Whole Grains Month, Prostate Cancer Awareness Month, Leukemia & Lymphoma Awareness
Birthstone	Sapphire
Fruit & Vegetables for September	Nectarines, Figs, Peppers: Cayenne Pepper, Chili Peppers, Poblano Peppers, Serrano Pepper, Jalapeno Pepper
September Flower	Aster & Forget-me-not
Astrological Signs	Virgo (till 22th) & Libra (23rd to Oct 22)
Other Notable September Dates & Events	Sep 28 Family Health & Fitness Day USA